

What is claimed:

1.) An orally-administered composition of matter for reducing blood cholesterol levels and controlling postprandial blood glucose and insulin levels in humans or lower animals, comprising a mixture of:

- (a) beta-glucan soluble fiber or a source of beta-glucan soluble fiber; and
- (b) a non-digestible fat or a source of non-digestible fat.

2.) The composition of Claim 1 having a weight ratio of beta-glucan soluble fiber to non-digestible fat of from about 1:20 to about 20:1.

3.) The composition of Claim 2 wherein the weight ratio of beta-glucan soluble fiber to non-digestible fat is from about 1:10 to about 10:1.

4.) The composition of Claim 3 wherein the weight ratio of beta-glucan soluble fiber to non-digestible fat is from about 1:3 to about 3:1.

5.) The composition of Claim 1 wherein said composition is a food comprising, on a single reference serving basis:

- a.) at least about 0.5 grams of beta-glucan soluble fiber; and
- b.) at least about 1 gram of non-digestible fat.

6.) The food of Claim 5 wherein said food comprises at least about 0.75 grams of beta-glucan soluble fiber.

7.) The food of Claim 5 wherein said food comprises:

- a.) from about 0.5 grams to about 7.5 grams of beta-glucan soluble fiber; and
- b.) from about 1 gram to about 16.0 grams of non-digestible fat.

8.) The food of Claim 5 wherein said food is a traditional snack.

9.) The food of Claim 8 wherein said food is a cracker, filled cracker, potato crisp, extruded snack or filled extruded snack.

- 20.) The method of Claim 17 comprising oral ingestion of a sufficient amount of component (a) to result in the ingestion of from about 1.5 g to about 15 g of beta-glucan soluble fiber per day and a sufficient amount of component (b) to result in the ingestion of from about 10 g to about 40 g of non-digestible fat per day.

21.) A method according to Claim 20 which comprises chronic ingestion.

22.) A method according to Claim 20 wherein ingestion occurs at two or more regularly-spaced intervals throughout the day.

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23.) A sheetable dough comprising a sufficient amount of beta-glucan soluble fiber or source of beta-glucan soluble fiber to provide said dough with a beta-glucan soluble fiber level of at least about 1% by weight.

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24.) The dough of Claim 23 wherein said dough has a beta-glucan soluble fiber level of at least about 2.0 % by weight.

25.) The dough of Claim 23 wherein said dough has a beta-glucan soluble fiber level from about 1% to about 10% by weight.

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26.) The dough of Claim 23 comprising a carbohydrate source in addition to said beta-glucan soluble fiber and a fat source.

27.) A food made from the sheetable dough of Claim 23.

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28.) A traditional snack food comprising, on a 30 gram basis, at least about 0.5 grams of beta-glucan soluble fiber.

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